



19. Kirschlauf
Kleinfahner/Thür. / 16.06.2019

Detailed evaluation

Volk, Stefanie

Club: Bewegungs-Millionäre
Number: 101

Course: 14.00 km
Hauptlauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:31:34

Speed: 9.17 km/h
Running performance: 6:32 min/km

Rank in course/Total: 145 (of 179)

Rank in course/Women: 31 (of 51)

Best time in course: 1:04:42

Rank in category: 7(of 11)

Best time in the category: 1:12:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Kontrolle	5.80	38:41	6:40	6	7:49	30	11:09	5.80	38:41	6:40	6	7:49	30	11:09
Finish	8.20	52:53	6:26	7	10:59	31	15:43	14.00	1:31:34	6:32	7	18:48	31	26:52